

## Diet and Exercise Course For Women to Improve Figure and Gain Weight

### LESSON NO. 15—Widening the Narrow Chest.

Back numbers of these lessons may be obtained by sending a 2-cent stamp to Miss Furlong for each lesson desired, but readers are advised to order The Evening World regularly of their newsdealers for by subscription, as the supply of back numbers is not inexhaustible.

Readers are invited to correspond with Miss Furlong, who will reply through the columns of The Evening World. She will not print correspondence.

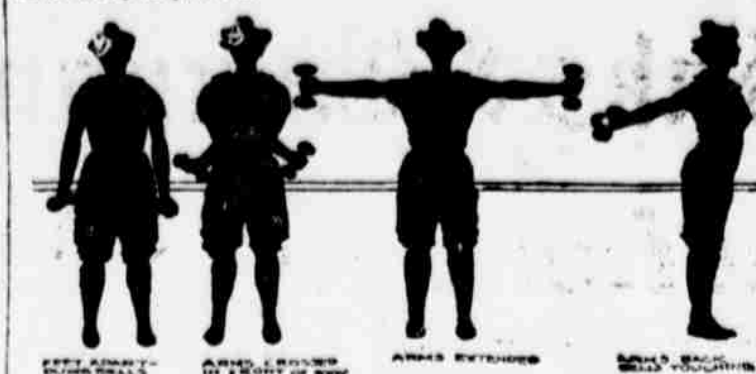
## ROYAL BAKING POWDER

**Absolutely Pure**

Continues to maintain its preeminence  
for making the finest and most  
wholesome food.

**No ALUM—No PHOSPHATE**

dent's full names. Letters must not exceed 250 words in length. State questions briefly as possible.



TO-DAY'S EXERCISE ILLUSTRATED.

By Pauline Furlong.

To-day's arm-swinging exercise is another one for developing the bust and widening the narrow chest and shoulders. I would advise my readers to purchase a pair of small two-pound dumbbells or use the tiny flatirons, which weigh seven ounces, and grasp them firmly in the hands when practicing the arm-swinging exercises. When something is held in the hands it causes you to tense the muscles during the exercises and also relieves the monotony of the free-hand movements.

#### TO-DAY'S EXERCISE.

Stand with the feet about eighteen inches apart and lower the body slightly forward at the waist line. Swing the arms so that they cross each other in the front, reaching the

right hand far out to the left side and the left hand far out to the right side. Bring the arms back with a sharp swing as far out to each side as you can comfortably reach. Repeat the swingings about twenty-five times if they do not tire you.

A variation of this exercise is performed by bringing the arms straight out to the front until the dumbbells touch, and then swinging the arms with a swift movement until the dumbbells meet in the back. This is positively one of the most effective movements for broadening the narrow chest and shoulders.

#### TO-DAY'S MENU.

Breakfast—Stewed peaches and cream, graham bread and cocoa.  
Luncheon—Split pea soup, rice pudding, with raisins, whole wheat bread.  
Dinner—Pot roast with vegetables, macaroni with cheese, grapefruit and orange salad on lettuce.

#### HEALTH AND DEVELOPING AIDS

There is no short cut to good health and improved personal appearance, and I have tried to impress upon my readers that they must not expect to overcome and banish physical defects in a day. It is my honest opinion and from actual experience with many thin women that a short time out of each and every day for at least a year or more must be allowed for developing the body, especially the chest and bust. The muscles in the upper part of the body must be strengthened and improved and the whole system brought to the highest possible degree of physical perfection before you can attain normal development of the bust. For this reason I am showing so many of the deep breathing and chest raising exercises which aid so materially in bringing the thin body to normal shape proportions.

Cultivate the habit of deep nose breathing and do not talk when out in the cold air.  
Exercises and proper breathing keep the respiratory apparatus in prime working condition and also keep the chest walls supple and flexible as they should be.

Remember that the lungs are better nourished by increased respiratory activity, but more violent physical activity is necessary to stimulate the heart to quicker action, and pump more blood to the tissues.

#### Letters From Readers.

**TRUNK RAISING EXERCISE**—F. V. M. writes: "Although I have tried repeatedly I cannot do trunk raising exercise, even with my feet firmly braced under a heavy piece of furniture. Is this due to weak muscles and lack of exercise? If so, how may I remedy it?"  
Trunk raising is a very severe exercise and some persons never master it without the toes braced to lend support. Of course if you cannot do it it proves just how much you really need exercise to strengthen the abdominal muscles. Try some of the exoner ones for a few weeks and then try the trunk raising again.

**ALUM SOLUTION**—MRS. E. B. asks: "You advise using alum solution in the rinsing water for the face. How much would be advisable to use? Would it be right to use it on dry skin? Just how much of the solution should I put in two quarts of water? Would it cause wrinkles?"  
Make the solution from two table-spoonfuls of powdered alum and one pint of hot water. After twenty-four hours strain. For the double chin and loose skin on the neck and chin use the solution plain. Just dab it on and let it dry in. Use as often as convenient. Put about a few table-spoonfuls in two quarts of cold water to harden the skin after washing with hot water. This will not cause wrinkles, but will tighten the loose skin.

**WANTS MEASUREMENTS**—MRS. S. K. asks: "Will you please give me my correct measurements as they should be? I am five feet four and one-half inches tall and now weigh 160 pounds. I am thirty-eight years old. How can I remedy large pores? I also have a growth of hair on my face and, in the summer especially, my complexion looks as though it were smeared with lard. I am taking the hot water and lemon juice and have noticed some improvement in my skin, as it is not so sal-low. I am taking the exercises for reducing the lower part of the body with marked results."

You are at least thirty pounds too heavy and should not weigh more than 150 pounds; chest, 35, bust, 37.9; waist, 29; hips, 38; thighs, 22; calf, 13.10. Use no cream on the oily skin, and after washing with hot soap and water use very cold water for a few minutes and follow this treatment by applying equal parts of alcohol and witch hazel on a puff of cotton to the pores.

**LARGE HIPS**—MRS. M.G. writes:

The "Big Three" worn by most women. Skirt made pliable by Nemo Lasticurve Back—deep grooves of semi-elastic Lasticurve Cloth extending behind back steels. Nemo Self-Reducing Straps support abdomen and, by gentle massage, drive away excess fat.

"I am getting stout around the hips and want to reduce them. Will the hot lemon water and vicky and kengen salts reduce me? I am twenty-six and weigh 138 pounds. Am five feet two and a half inches tall. What should I weigh?"  
You should weigh about 120 pounds. Rolling will quickly reduce the hips. The lemon and salts will reduce the entire body. If you start to reduce now you will have no trouble, as you are not much too large.



You'll always have good pan-cakes if you follow the recipe that's on every package of

**Presto  
SELF-RAISING  
FLOUR**  
The H-O Company, Buffalo, N.Y.  
Makers of H-O, Force, and Presto.

**Nemo NEWS**  
Devoted to the  
HEALTH, COMFORT & BEAUTY  
... OF WOMEN ...

**Nemo Self-Reducing  
The World Standard**

Three groups—in each three distinct models for full figure—from which every stout woman can be exactly fitted without delay or alteration.



**GROUP 1—EGO-SHAPE**  
318—Short, stocky... \$3.00  
319—Medium height... \$3.00  
321—Tall and large... \$3.00  
Improved Nemo Self-Reducing Straps give support and massage away excess fat. Nos. 318 and 319 have elastic In-Curve Back.



**GROUP 2—EGO-SHAPE**  
322—Average full figure, medium height... \$3.00  
326—Similar figure, heavier in the hips... \$3.00  
324—Tall, full figure; high bust and back... \$3.00



**GROUP 3—EGO-SHAPE**  
402—Short, stocky... \$4  
403—Medium height... \$4  
405—Tall and large... \$4  
Improved Nemo Relief Straps, perfectly elastic, take up, support and reduce a heavy abdomen with utmost comfort. Semi-elastic In-Curve Back. Best corsets ever made for a certain type of heavy figure.

**BE A WISE WOMAN!**  
Study these various models at your dealer's. Be sure to get the model designed for your figure. Then enjoy the comfort, style and economy which only a Nemo can give you.  
**Wear the RIGHT Nemo!**  
Sold Everywhere  
\$3.00, \$4.00, \$5, up to \$10  
Nemo Magazine—Fashion Institute, New York

## Gimbel Brothers

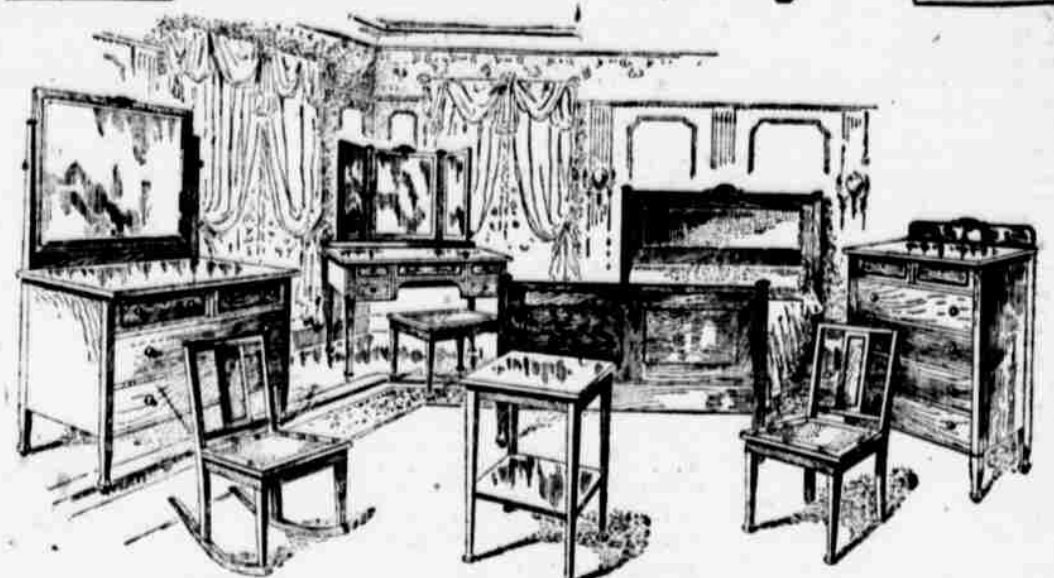
Broadway and 33d Street

## Tomorrow---the CLIMAX Of This Greatest of All Such Sales---the February Furniture Sale ---"With Initiative"

February  
24, 25, 26,  
28 & 29

## Half Price Days

There are  
Only Five  
of Them!



### \$450 Adam Mahogany Eight-Piece Suite, \$225

We choose this fine suite as a typical example of the wonderful values that this event brings. There are only TWO of these suites and the same holds good of almost everything in the half-price collection. Suites and individual pieces of every kind and for every room in the house are here, and many of them cannot be duplicated (on account of cost of manufacture) even at their original full prices. Suggestions only are given here—Come and SEE the display.

#### Half-Price Bedroom Suites and Odd Pieces

\$1,210 Louis XVI Mahogany 6-Piece Suite, \$605.  
\$625 Sheraton Model Walnut, 8-Piece Suite, \$312.50.  
\$640 Hepplewhite Mahogany 5-Piece Suite, \$320.  
\$680 Sheraton Mahogany 5-Piece Suite, \$340.  
\$890 Sheraton Mahogany 5-Piece Suite, \$445.  
\$380 Adam Mahogany 5-Piece Suite, \$190.  
\$110 Mahogany Chiffonier, \$55.  
\$85 Sheraton Mahogany Dresser, \$42.50.  
\$19 Mahogany Dresser, \$20.  
\$25 Mahogany Chiffonier, \$12.50.  
\$80 Mahogany Dresser, \$40.  
\$50 Walnut Single Bed, \$25.  
\$28 Mahogany Toilet Table, \$14.

#### Half-Price Dining Room Suites and Odd Pieces

\$1,950 Hepplewhite Mahogany, 14-Piece Suite, \$975.  
\$1,000 William and Mary 14-Piece Oak Suite, \$500.  
\$270 Sheraton Mahogany Sideboard and China Closet, \$135.  
\$350 Brown Oak Sideboard and China Closet, \$175.  
\$360 Gothic Oak 4-Piece Suite, \$180.  
\$1,375 Brown Oak 12-Piece Suite, \$687.50.  
\$400 Adam Mahogany 8-Piece Suite, \$200.  
\$330 Mahogany Chippendale 4-Piece Suite, \$165.  
\$375 Adam Mahogany 4-Piece Suite, \$187.50.  
\$150 Light Fumed Oak Sideboard, \$75.  
\$52 Light Fumed Oak Sideboard, \$26.  
\$55 Fumed Oak China Closet, \$27.50.  
\$110 Circassian Walnut Sideboard, \$55.  
\$150 Early English Sideboard, \$75.  
\$75 Golden Oak Sideboard, \$37.50.  
\$150 Light Fumed Oak Extension Table, \$75.  
\$118 Jacobean Oak Bookcase, \$59.  
\$80 Brown Oak Bookcase, \$40.  
\$54 Mahogany Library Table, \$27.

#### Half-Price Furniture for Library and Living Room

\$300 Adam Mahogany 2-Piece Suite, \$150.  
\$195 Louis XVI Gray Enamel 2-Piece Suite, \$97.50.  
\$190 Adam Mahogany 3-Piece Suite, in red velvet, \$95.  
\$170 Adam Mahogany 3-Piece Suite, in damask, \$85.  
\$130 Mahogany 2-Piece Suite, \$65.  
\$155 Mahogany Settee, upholstered in velours, \$77.50.  
\$50 Fumed Oak Screen, leather panels, \$25.  
\$92.50 Sheraton Mahogany Bookcase, \$46.25.

### 100 Chairs and Rockers at Half

Oak, mahogany and mahogany finish; upholstered in velours, and some with rush seats.

**Were \$14 to \$60—Now \$7 to \$30**

GIMBELS—Seventh Floor

## Fine Blankets at Old Prices

THESE three special lots form part of a previous order, placed months ago before prices of raw material and cost of production began to soar. That they come LATE is your good fortune.

**\$5 Plaid Blankets, 70x80 in., \$3.95 Pr.**

Very warm! In the large block patterns now so popular, carried out in pink, blue, grey and tan.

**\$7.50 White Woolen Blankets, \$5.50 Pr.**

Extra size (72x90 inches) and made with a fine woolen filling on the cotton warp that prevents shrinkage. Neat pink and blue borders.

**\$10 California Wool Blankets, \$7.50 Pr.**

Fine Western wool stock on a cotton warp—but only just enough cotton to prevent shrinkage. Newest pink or blue striped borders. Size 72x90 inches.

GIMBELS—Second Floor

## Important—Dresses of Fine and Scarce Materials at \$2 to \$9.75

**Linens  
Chambrays  
Devonshire Cloths**

The reason for their scarcity is obvious.

Importers tell us that it is only a question of time when only a very high price will be able to purchase these materials in the desirable colors. That is why it is imperative for mothers to make their selections now, for we have these dresses in all of the most wanted colors:

Pink Rose Blue Green Tan Brown

The Linens and Chambrays are in plain colors, as are also the Devonshire Cloths, which also come in stripes and plaids—the latter are used for the skirts and trimmings of the two-piece dresses with plain color smocks at \$3.95.

**These Lingerie Dresses at \$3.75 to \$13.75 are Very Fine**

Dotted Swiss is the newest material adapted for these dainty frocks. It is also becoming the most expensive. However, we have Dotted Swiss Dresses at \$9.95 to \$13.75.

Dresses of fine Nets, \$8.50 to \$13.75. Dresses of Lawn, \$3.75 to \$9.75; Voile, \$7.50 to \$12.50.

GIMBELS—Third Floor

Uptown Store  
3rd Ave. & 121st St.

Downtown Store  
Park Row & Chatham Sq.



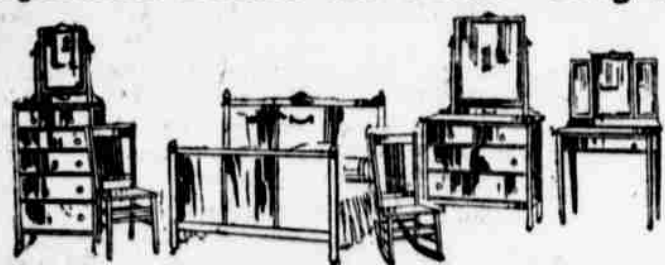
## Buy On Credit at These February Furniture Sales

Here are February Furniture, Rugs and Housefurnishings which give you every advantage in the way of low prices, and in addition give you a year and a half to pay in amounts so small that you will never miss the money.  
There's no red tape to opening an account—just come and select the things you want and we'll send them home at once.

If quality goods backed by 109 years' experience—a large variety to choose from—liberal terms and a saving of nearly one-third on our usual low prices—if these points interest you—now is the time to act. Come and let us show you. Either store—one at Third Avenue and 121st Street, the other at Park Row and Chatham Square.

Open Saturday Evenings

Reputation Behind the Goods—Long Service Ahead of Them



### Six Piece Bedroom Suite

This pretty well made bedroom suite comes in Ivory, Mahogany Finish, Fumed Oak, Wax Finish and Golden Oak. The outfit includes: Bureau, Chiffonier, Bed, Dressing Table, Chair and Rocker. Note the pretty relief work on each piece. Regular price \$108.75. February sale price—

**\$79.50**

Bedroom Furniture of all kinds at lowest prices.



### Rugs and Carpets

	Price	Size
18x36 Crex Rug	\$5.43	18x36
30x60 Crex Rug	1.50	30x60
36x72 Axminster Rug	5.75	36x72
6x9 Rug	4.50	6x9
8x10.6 Tapestry Rug	18.50	8x10.6
9x12 Axminster Rug	35.00	9x12
36-in. Crex Matting	50	36-in.
36-in. China Matting	35	36-in.
18-in. Cocoa Matting	1.48	18-in.
Wilton Carpet Hansel	1.25	18-in.
Wilton Carpet, all wool	1.10	18-in.
Tapestry Carpet	1.20	18-in.
Velvet Carpet	3.75	18-in.
18-in. Linoleum, state	40	18-in.
27-in. Linoleum, state	50	27-in.
Printed Linoleum	65	27-in.
India Linoleum	1.10	27-in.
India Linoleum	2.08	27-in.



### White Enamel Medicine Cabinet

Good size. Three glass shelves—nice mirror on door. Regular price \$1.90. Special February sale price only—

**\$1.40**

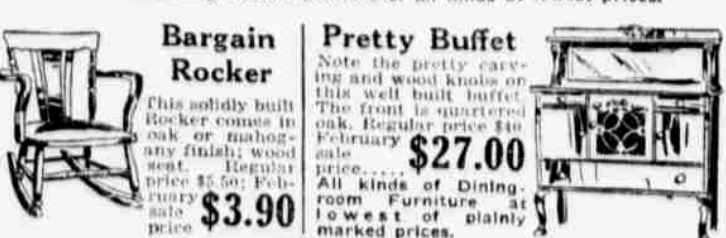


### Three Piece Parlor Suite

Note the pretty carving and graceful design of these three substantial pieces. Mahogany finish. Loose cushions on polished wood seats. This means that they can be used without cushions if desired and keeps cushions from breaking through. Regular price \$30. Special February Sale—

**\$19.25**

Parlor and Dining Room Furniture of all kinds at lowest prices.



### Bargain Rocker

This solidly built rocker comes in oak or mahogany—any finish; wood seat. Regular price \$5.50; February sale price—

**\$3.90**

### Pretty Buffet

Note the pretty carving and wood knobs on this well built buffet. The front is quartered oak. Regular price \$30. February sale price—

**\$27.00**

All kinds of Dining-room Furniture at lowest prices.

## COWPERTHWAIT & SONS

"Oldest Furniture House in America"

3rd Ave. & 121st St.

Downtown Store: 193-205 Park Row  
Between Brooklyn Bridge "Sub" Station and Chatham Sq. "L" Station

For sudden  
illness in  
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**Duffy's**  
PURE Malt WHISKY  
should be  
in every  
Home